Abstract Form

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Title of presentation
From (de)hydration science towards biomarkers for hydration for health

1. Brief description/abstract for the content of the presentation. 150 words maximum

Introduction / Objectives / Methodology / Results / Conclusion

Over the past 10 years, the literature on hydration biomarkers has evolved considerably – from (de)hydration assessment towards a more global definition of biomarkers of hydration in daily life. This shift in thinking about hydration markers was largely driven by examining differences between otherwise healthy individuals whose habitual, ad libitum drinking habits differ, and by identifying physiological changes in low-volume drinkers who increase their water intake. Aside from obvious differences in urinary volume and concentration, a growing body of evidence is emerging that links differences in fluid intake with small, but biologically significant, differences in vasopressin (copeptin), glomerular filtration rate, and risk for diabetes, metabolic syndrome, and markers of metabolic health. These findings suggest a need to revisit what we consider to be ‘well hydrated’, from the perspective of long-term health outcomes. Reasonable targets will be proposed for urine osmolality, specific gravity, and color that may be used by researchers, clinicians, and individuals as indicators of optimal hydration.

2. Please give two to three key references which can be used to inform future work:

3. Please identify up to three specific outcomes that dietitians and participants will take away to inform their future practice.

- Understand the scientific evidence linking insufficient water/fluid intake or insufficient hydration to kidney and metabolic health
- Know how to use urinary biomarkers (including specific gravity and colour) to assess hydration and track changes in fluid intake
- Provide targets for urine concentration representing physiologically adequate hydration in healthy individuals

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